



CLASS TIMETABLE

	MON	TUE	WED	THU	FRI
9:00	HIIT Sanjay				Circuits Lyn
9:15		Turbo Step Hannah			
9:30			Zumba Nancy	LBT Hannah	
9:45		Abs & Core Hannah		Aqua Fit Chris	
10:15		Pump Michelle	Body Con Nancy		Yoga Bryony
10:45	Aqua Louise			Pilates Chris	
11:45	Pilates Bryony				

Classes bookable via the FitSense app, ask a member of staff for more information.

HIIT

Not for the faint hearted - High intensity interval training. A cardiovascular exercise alternating short periods of intense anaerobic exercise with less intense recovery periods.

Abs & Core

A class designed to strengthen the core. No high intensity cardio, just pure hardcore ab exercises. Targeting the obliques, upper and lower muscles.

Pilates

The aim is to strengthen the body in an even way, with emphasis on core strength to improve general fitness and wellbeing. A low intensity class.

Aqua

Designed to improve flexibility, range of movement, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees & back.

Yoga

Yinyassa will flow from pose to pose working on strength and flexibility, whilst clearing the mind. Relax and Enjoy!

Turbo Step

Designed to increase your heart rate while completing a full body cardio workout all while utilising one of our step gym steppers.

Pump

A pure weights workout designed to tone and sculpt, using different sets and reps all while timing yourself for that extra push!

Zumba

An interval workout going between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance. You will have great fun shaking those hips!

Body Conditioning

Total body fitness, low impact aerobics and strength training combined. Exercises are designed specifically for toning

Legs, Bums and Tums

Exactly what it says on the tin! Focusing on your lower body. Working on improving flexibility and toning.

Circuits

Working at various stations, using different equipment this fun class will give you variety and a challenging workout.